



Interventions in the Elderly's Mobility Modes for Promotion of their Physical Activity and Fitness

About the Project

One of the main purposes of the Fit-Old project is to enhance the health levels among elderly people utilizing interventions in the elderly's mobility modes within European Partnerships. Mobility and more sustainable modes of transport have advantages for elderly people, including achieving access to desired people and places, psychological benefits like feeling independent, physical benefits such as direct impacts on muscle and bone strength, cardio-vascular improvements and overall health, social interaction, and involvement in the community. While mobility limitation is common in elderly people, there is a lack of plans and studies in intervention programs as well as academic studies directed at this age group.

On one hand, active and sustainable mobility is associated with health improvements in older people directly. On the other hand, it has some benefits in the scale of cities and countries by reducing air pollution, increasing efficiency in the elderly population, comprehensive policies for urban areas and neighbourhoods based on sustainable mobility and considering all disability groups.

The Partners



Technische Universität Berlin (TUB) is one of the three large public universities in Berlin, Germany. TUB is a competitive HEI interested to bring international and regional expertise to its faculties and research centres through nationally and internationally-funded projects. The Center for Technology and Society (ZTG) in DE was founded in 1995 and is a central research department of TUB. Its research focus lies on interactions between societal and technical developments. From its beginning, its researchers aimed to develop theories and concepts describing and explaining the technical societal change and elaborate on new forms of cooperation management.

The Faculdade de Motricidade Humana/Faculty of Human Kinetics (FMH) integrates the University of Lisbon, created in 2013 from the merging of the former Technical University of Lisbon and the University of Lisbon. Currently, University of Lisbon's main aim is the development of a research university, committed to education, innovation and technology transfer, focused on people, valuing knowledge, merit, and participation, with an European dimension open to the world, with its wide range of courses and research areas.



The Sports and Recreation Center of the Cracow University of Technology is a inter-faculty organization that organizes classes for students and employees of all faculties of the Cracow University of Technology.

The Faculty of Kinesiology is an academic, educational and research institution of higher education in the Republic of Croatia, one of the younger members of the University of Zagreb. It was founded in 1959, originally as the Faculty of Physical Education. In 2001 the name of the institution was changed in order to better reflect its research focus. Today, there are around 120 employees employed at the Faculty (80 of which are teaching and research staff). More than 2300 students enrol in the Faculty's programmes each year.



Mine Vaganti NGO (MVNGO) was founded in Sardinia (Italy) in 2009. MVNGO has 4 offices in Sassari, Olbia, Tempio Pausania and Uri, covering the whole North Sardinia. The organization managed a Youth Center (Centro Santa Caterina, Sassari) under a convention with the Municipality of Sassari between 2014 and 2016. Upon the expiry of the foregoing convention, MVNGO kept an open and profitable relationship with the Municipality of Sassari being allowed to develop activities in the Youth Center even after the formal end of the organization's commitment. The use of Sport in combination with NFE methodologies as an educational instrument of youth/adults/NEET/Migrants inclusion is one of MVNGO's key areas of expertise.

The Northern Greece Physical Education Teachers' Association (EGVE), founded in 1954, is both a professional and a scientific representative of all Physical Education aspects in Greece and it attributes to more than 9.000 members. It is the only official bearer of education and information for the Physical Education graduates in Macedonia and Thrace, extending its activities all over Greece and Cyprus.



Sport Ambassadors Association is a voluntary sports association. All members are volunteers working to increase the sport culture in the society, to enable people to engage in physical activities and to have an active lifestyle. The target group is all age groups of people. Disadvantaged and disabled people are mostly integrated in our activities.



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Last news from the Project

The intervention phases have been successfully completed. A total of 200 elderly individuals aged 65 and above were involved during the intervention period.

Data collection for WP4 has been completed as well, and the partners are now in the process of analyzing it. The objective of this phase was to gather information on the concerns and needs of the elderly population. This information will be used to develop strategies and programs that are tailored to their needs, and that will have a positive impact on their lives.



The partners involved in this project have made significant progress and are meeting the deadlines established. The successful completion of the intervention phases, data collection and analysis phase have provided valuable insights into the issues faced by this population. The partners are committed to continuing their work and positively impacting the lives of the elderly. The upcoming transnational project meeting held in Zagreb, Croatia, will provide an opportunity for the partners to coordinate and ensure the success of the project in order to serve the elderly population better.



In February, the partners will meet in Zagreb, Croatia, to discuss the next steps. This meeting will provide an opportunity for the partners to review the progress that has been made and to develop a plan for the future.

In all the partner countries, raising awareness events will be held, involving 100 elderly individuals per partner. The objective of these events is to increase awareness about the concerns and needs of the elderly population and to provide them with the necessary resources and support. EGVE will be responsible for the coordination of these events.